



SHRIMP CONFETTI SALAD SANDWICH WITH GRAPES

Grapes are a natural balance to this sweet and savory shrimp salad. Enjoy as a sandwich or over lettuce.

Preparation time: 15 minutes

Serves: 4

INGREDIENTS:

- ½ lb frozen cooked cocktail shrimp (thawed, peeled, and deveined)
- 1 8-oz can yellow corn kernels, no salt added, drained
- 1 cup canned black beans, no salt added, drained and rinsed
- 1 stalk celery, diced
- 2 tbsp chopped onion
- 2 tbsp reduced-fat mayonnaise
- ½ tsp salt-free Caribbean citrus seasoning
- 8 slices whole-grain bread
- 2 tomatoes, thinly sliced
- 4 leaves Bibb lettuce or other leaf lettuce

DIRECTIONS:

1. Chop shrimp coarsely.
2. Mix together shrimp salad ingredients (everything except for the bread, tomato slices, and lettuce).
3. Divide salad evenly among 4 slices of bread; spread to edges of bread.
4. Top with tomato slices, lettuce, and second bread slice.

Serving Suggestions:

Serve with 8 oz glass of non-fat milk and a red grape cluster, about ¾ cup.

Tips for selecting and storing grapes:

- Grapes are fully ripe when they arrive at the supermarket.
- Look for plump grapes with pliable green stems.
- Keep grapes unwashed and refrigerated in a plastic bag until ready to use, then rinse with cold water and serve, or add to recipes.



Food Group Amounts	
Dairy	--
Fruits	--
Vegetables	¾ cup
Grains	2 oz
Protein	3 oz

Nutrition Facts	
Serving Size 311 g	
Amount Per Serving	
Calories 330	Calories from Fat 50
%Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 115mg	38%
Sodium 450mg	19%
Total Carbohydrate 43g	14%
Dietary Fiber 8g	32%
Sugars 7g	
Protein 27g	
Vitamin A 20%	Vitamin C 20%
Calcium 15%	Iron 20%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
Total Fat	Calories: 2,000 2,500
Sat Fat	Less than 65g 80g
Cholesterol	Less than 20g 25g
Sodium	Less than 300mg 300mg
Total Carb	Less than 2,400mg 2,400mg
Dietary Fiber	300g 375g
	25g 30g

Recipe Submitted by Produce For Better Health Foundation



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